

Sehome Cross Country – 2009

ATHLETIC PACKET

To participate in any Sehome XC stuff, you need to get your athletic packet in
BE SURE TO HAVE AN UPDATED PHYSICAL

SUMMER RUNNING

We will meet at the Lake Padden Swim area by the bench near the bathrooms

Tuesday + Thursday at 10am, Sunday at 4pm

Varsity and others interested will add a couple more meeting days a week TBD

WEIGHTS + CONDITIONING

We will meet at the Sehome High weight room...

Monday + Wednesday at 6:30-8:00pm, and Saturday 10:00 to 11:30am

Other Dates to remember:

*Sehome XC Camp - June 20th – 24th

Incoming freshman and younger register via Parks & Rec.

*First Day of Official Turnout – August 24th

Coaching Contact Info:

Coach Mark Kerr 647-1896 sehomexc@gmail.com or mkerr@bham.wednet.edu

Coach Kevin Ryan 510-4288 sehomexc@gmail.com or kryanxc@msn.com